Drink Diary

Name: **Week Commencing:**

HOW MANY 'UNITS' IN YOUR DRINK?		
QUANTITY	STRENGTH	UNITS
BEERS & LAGERS		
Half Pint	3.0% - 3.5%	**1**
Pint/500ml can		**2**
Half Pint	3.6% - 4.5%	**1.25**
Pint/500ml can		**2.5**
Half Pint	4.6% - 6.0%	**2**
Pint/500ml can		**4**
Half Pint	7.5% - 8.4%	**2.5**
Pint/500ml can		**5**
CIDERS		
Half Pint	4.0%	**1.25**
Pint/500ml can		**3**
Half Pint	6%	**2**
Pint/500ml can		**4**
SPIRITS		
1 Single Measure 25ml	38%	**1**
1 Single Measure 35ml		**1.5**
1 Bottle 700ml		**30**
WINE		
1 Small Glass 125ml	12%	**1.5**
1 Bottle 750ml (6 Glasses)		**9**
SHERRY		
1 Standard Glass 50ml	16%	**1**
1 Bottle 750ml		**12**

THESE FIGURES ARE APPROXIMATE

DAY & DATE	WHAT & HOW MUCH	WHEN, WHERE, WHO WITH?	UNITS
		TOTAL UNITS FOR THE WEEK:	

1L = 100 cl = 1000 ml e.g. - a 440ml bottle = 0.44L or a 75cl bottle of wine = 0.75L	Amount in litres times ABV = Number of units e.g. – A 440ml bottle of 5.2% lager would be 0.44 X 5.2 = 2.3 Units